



WEST NILE VIRUS

West Nile virus (WNV) is most commonly transmitted to humans through infected mosquitoes. Mosquitoes commonly pick up the virus from birds. It only takes one mosquito bite to become infected with the virus and symptoms can be severe.

SYMPTOMS

- Most people (70-80%) who become infected with West Nile virus do not develop any signs or symptoms.
- Some people develop a fever or other signs and symptoms including headache, body aches, joint pain, rash, vomiting, or diarrhea.
- Severe illness can include encephalitis or meningitis (inflammation of the brain or surrounding tissues).
- Signs and symptoms of meningitis or encephalitis can include headache, high fever, neck stiffness, disorientation, coma, tremors, seizures, or paralysis.
- People over the age of 50 are at a higher risk for developing severe illness from WNV.
- Visit your primary care physician or an emergency care center if you think you have a West Nile virus infection.



Florida Department of Health
Escambia County

Division of Environmental Health
1300 West Gregory Street
Pensacola, FL 32502
850-595-6700

For more information about
mosquito prevention, visit
www.EscambiaHealth.com

Mosquitoes Small Bite, Big Threat.



Protect Yourself!

DRAIN & COVER

DRAIN & COVER to prevent mosquitoes from living and multiplying around your home.

INSECT REPELLENT

- Choose insect repellents that contain DEET, picaridin, oil of lemon eucalyptus, or IR3535.

Use repellents according to the label instructions.

- Repellents containing higher percentages of the active ingredient typically provide longer-lasting protection.
- Use just enough—heavy application does not give you better or longer protection.

Never use repellents over cuts, wounds, or irritated skin.

- When using repellent sprays, do not spray directly on your face. Apply to hands first and then apply to face.
- Do not allow children to handle the product. When using repellent on children, apply to *your* hands first, and then apply it to the child's skin.

Pregnant and nursing women can use insect repellents.



COVER YOUR SKIN

Cover your skin with clothing or insect repellent to avoid mosquito bites.

Apply repellent when you are going outdoors. Even if you do not see the mosquitoes, there is a good chance they are around.

Re-apply repellent if you are bitten by mosquitoes.

Sweating, perspiration, or getting wet may indicate a need to re-apply repellent more frequently.

Use mosquito netting for children under 2 months of age.

DRAIN STANDING WATER

Water is a breeding ground for mosquitoes.

Always make sure to drain standing water from:

- Garbage cans
- Pool covers and kiddie pools
- Flower pots, buckets, and watering cans

Discard old tires, bottles, broken appliances, and other items that collect water.

Empty and clean bird baths and pet water bowls once a week.

Protect boats and vehicles from rain with tarps that do not accumulate water.



MOSQUITOES ARE MORE ACTIVE AT DUSK AND DAWN. TAKE EXTRA PRECAUTION DURING THESE HOURS.

YOU CAN USE INSECT REPELLENT AND SUNSCREEN AT THE SAME TIME. APPLY SUNSCREEN FIRST AND THEN REPELLENT.



DRAIN & COVER: Prevent mosquito bites and the diseases mosquitoes can carry.